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Local journalism community lost two greats last week **PAGE 10**



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HERD TAME WILDCATS

Halifax Mooseheads net minder Kevin Resop, left, stops a shot as Moncton Wildcats Noah Corson, centre, and Liam Murphy slam into him during the last regular-season game, Sunday at the Scotiabank Centre. The Mooseheads won 5-2. See coverage, page 16. JEFF HARPER/METRO

Commute still 'complicated'

Snow removal.

City hopes parking ban will help to ease Monday traffic



HALEY RYAN
haley.ryan@metronews.ca

Monday's commute could be "complicated," thanks to snowy streets and sidewalks, but the city is hoping a street parking ban will help more than hinder residents.

Anyone who left town for March Break will return Monday to roads narrowed by snow banks and void of parking spaces.

City spokeswoman Jennifer Stairs said they are urging residents to take extra time getting anywhere over the next few days.

"It's definitely going to be more complicated than it was last week," Stairs said Sunday, noting some residential streets have only one lane cleared.

The city is continuing to

School closures

The Halifax Regional School Board announced Sunday evening all its schools will be closed Monday because of conditions left by the latest winter storm.

enforce a complete ban on street parking to allow winter crews to do their job, Stairs said, adding that Halifax Transit has extended free bus and ferry service to Monday.

Although downtown commuters have been frustrated by the parking ban, Stairs said it's hoped to be lifted sooner rather than later.

Although some downtown streets seem free of snow, she said commuting would likely be a frustrating experience with cars parked on either side.

"In February, when we had those big, icy snow banks, a lot of people were actually calling for these sorts of restrictions because they couldn't get through," said Stairs.



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Rev. Rhonda Britton leads the opening hymn with a choir of Halifax Regional Police officers — including Chief Jean-Michel Blais — during a church service held on Sunday at the Cornwallis Street Baptist Church, to mark the International Day for the Elimination of Racial Discrimination. JEFF HARPER/METRO

‘Righteous indignation’ urged to counter racism

Discrimination. Police, local church come together in annual service



HALEY RYAN
haley.ryan@metronews.ca

Rev. Rhonda Britton spread her arms toward the congregation, a choir of police officers behind her, as she urged everyone to think about requirements.

The annual International Day for the Elimination of Racial Discrimination was

marked Sunday with a service at Cornwallis Street Baptist Church. Halifax Regional Police officers and Chief Jean-Michel Blais sang at the service and reaffirmed their vow to help eradicate racism.

In her sermon, Britton said there are many requirements in life, such as training and testing for law enforcement, or being elected to political office.

She pointed out that in the Bible, the Pharisees had neglected the more important, weightier things — “doing justice and showing mercy.”

Britton urged those in uniform, or those who hold office, to remember that their

Quoted

“People are so busy denying, they don’t want to be a part of the solution.”

Rev. Rhonda Britton

work is about service and protection, and to walk humbly in their duties because a uniform is “not an elevation.”

“Doing all that you can to get justice for the oppressed, and those who have been marginalized by bigotry and racism, is required,” Britton told the church.

“Indifference is not acceptable. Righteous indignation is required.”

Blais agreed, saying in the past some police officers have taken their uniform as a sign of power.

“That’s the key in all of this: It’s service, it’s protection of our community,” Blais said.

“We have to deal with the scourge that is racism.”

After the service, Britton said the past year of racial tensions in Ferguson and other American cases of police brutality, as well as the recent racist chant from a University of Oklahoma fraternity, is disheartening, but it’s mostly

“sad” to realize we have yet to rise above “pettiness and bigotry.”

She said Canada might not have as many overt examples, but racism is alive here and many encounter it every day.

A good first step is recognizing that it happens, and asking what you can do to counter racist jokes, stereotypes or other situations to ensure someone else doesn’t feel discrimination, Britton said.

“People need to be aware when these things happen, and be willing to stand up and say ‘This isn’t right.’ It’s not OK to allow certain behaviour,” she said.

Recreation. Cole Harbour Place to re-open, in part

Cole Harbour Place has been deemed safe and will re-open on Monday, with the exception of one arena.

The facility was closed on Saturday night because of a “significant amount” of frozen snow and ice that had accumulated on the roof during the latest winter storm.

City staff decided Sunday morning to keep the build-

ing closed until the snow and ice could be removed. A structural assessment was conducted Sunday afternoon to determine whether that could be done.

An HRM spokesperson said Sunday evening that with the exception of the Scotia 1 arena, Cole Harbour Place will return to business as usual on Monday.

METRO

Traffic

Messy roads lead to N.S. pileups

Whiteout conditions and freezing rain delivered by the latest winter storm made for treacherous driving conditions across Nova Scotia on Sunday.

The Nova Scotia RCMP had seen about three separate pileups on Sunday involving more than three cars, said RCMP spokesman Cpl. Andrew Joyce.

METRO

Crime. Vandals suspected in bus-shelter damage

Halifax police are looking for vandals suspected of damaging dozens of bus shelters across the city.

From March 6 to 16, Halifax Regional Police received 40 reports of glass panes smashed out of bus shelters across HRM.

Thirteen incidents occurred on Herring Cove Road, six on Purcell’s Cove Road and four on Main Avenue.

Other locations include the Bedford Highway and Quinpool Road.

According to a release, police say it is unclear what caused the damage but investigators suspect vandals are responsible.

Anyone with information is asked to contact police at 902-490-5016 or send an anonymous tip to Crime Stoppers. METRO

Recreation. Oval wraps up another winter season

Skating on the Emera Oval has ended for another winter year.

HRM issued a news release Friday stating that although city officials had hoped to keep the Oval open through the weekend, they were forced to close the facility because of "significant snow accumulation" on the ice surface and the plaza.

The release states that the Oval is normally closed by

the end of March break because the position and angle of the sun can make it more difficult to maintain ice conditions.

More than 137,000 people used the Oval during the 2014-15 season.

Residents looking forward to using the facility for summer skating can find details and updates on Twitter @SkateHRM or on Facebook at SkateHRM. **METRO**



Skaters make the rounds on the Emera Oval in this file photo. JEFF HARPER/METRO

Court

Woman seriously injured after being run over by drunk driver, police say

A woman suffered serious injuries after being run over by an alleged impaired driver in a Dartmouth parking lot.

Police were called to 50 Akerley Blvd. at 6:15 p.m. Saturday after learning a vehicle had run over a pedestrian.

Several people tried

to stop the vehicle and driver, a police release states. When officers arrived on scene, a 20-year-old Dartmouth man was arrested and taken into custody.

The victim, a 31-year-old from Cole Harbour, suffered serious, but non-life-threatening injuries.

The driver is charged with impaired driving causing bodily harm and for having a blood-alcohol reading over .08.

He is due in Dartmouth provincial court Monday.

METRO

A chilly celebration of World Water Day

Environment. Participants in I Heart NS Water Fest brave bitter cold to raise awareness about water conservation

ERNESTO CARRANZA

halifax@metronews.ca

Although it was a chilly Sunday at Birch Cove Beach and Lake Banook was frozen solid, it didn't stop some Halifax residents from celebrating World Water Day.

A number of dedicated people took part in the second annual I Heart NS Water Fest, hosted by Sierra Club Atlantic, Fusion Halifax Sustainability Action Team, and the Council of Canadians.

Lake Banook was frozen, but that didn't stop Miss World Canada delegate Joline Boudreau from doing her part to raise awareness of the importance of access to clean, potable water.

"I am here because I thought having clean water was worth celebrating. Clean water is important to me and it is important for everyone," said Boudreau, shivering.

Boudreau was scheduled to lead a polar dip during the event, but when the thick ice prevented that from happening, she let herself be buried in snow by children at the festival.

"I can't feel my toes but that's all right," Boudreau said, laughing through chattering teeth.



Miss World Canada 2015 delegate Joline Boudreau, left, gets buried in snow by Kelly Schnare at Birch Cove Beach as part of the I Heart Nova Scotia Water Fest on Sunday. JEFF HARPER/METRO

Quoted

"I would like to float my boat in clean and safe water and I think everyone should have that experience."

Water Fest participant and canoe enthusiast Bruce Walker

The event kicked off Canada Water Week, a celebration of water from coast to coast that is held annually in the third week of March to coincide with World Water Day.

Halifax was one of only three sites, alongside Truro

and Lunenburg, celebrating World Water Day east of Quebec City.

Kelly Schnare is the interim co-ordinator for the Sierra Club Atlantic chapter and was glad to see passionate people come out to the Water Fest.

"We're all thirsty at one

point or another and we all want swimmable, drinkable and clean water. It is very important we have a conversation about sustainability and water in Nova Scotia," said Schnare.

Schnare chose to hold the event at Lake Banook because of its blue flag designation, which indicates the cleanliness of the water and the environmental education surrounding it, and hopes that more bodies of water in Nova Scotia will achieve the designation.

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- 5 Taylor Swift Style
- 4 Tove Lo Talking Body
- 3 Rihanna ft Kanye West & Paul McCartney FourFiveSeconds
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Schools should get priority for street clearing: Public board

Snow removal.

HRSB says narrowed surrounding streets are causing trouble

JENNIFER
TAPLIN

halifax@metronews.ca

When it comes to street clearing priority, schools should be higher up on the list, according to the Halifax Regional School Board.

At their March meeting, the board voted to send a letter to ask the city to consider placing more importance on proximity to schools when determining priority levels for street-clearing.

Christy Linders, the board's vice-chairwoman, brought forward the motion. She said she knows city crews and contractors work long hours to keep up with the weather, but several schools — Cavalier Drive School in Lower Sackville in particular — are having trouble with snowy streets.

"Many of our schools are on priority routes but we have several schools that are surrounded by streets that still are narrowed by significant snow banks. The proximity to a school is not listed as one of the criteria used for

By the numbers

4.5

The minimum number of days that every school in HRM has lost due to bad weather this year

determining plowing priority for streets, although it is for sidewalk plowing," Linders said.

Streets near schools are high on the list for followup clearing, but Linders said the board would prefer that the snow be cleared in the first go-round.

Jennifer Stairs, HRM spokeswoman, said staff will compile an end-of-season report to council on winter operations, including street prioritization, to see what changes might be made for next season.

"During the ice removal work at the end of February into March, operations staff also considered the proximity of side streets to schools when prioritizing which roads got top priority for the grader work," she said.

Ask any parent in HRM: this winter has seen more than its fair share of school-cancelling snow days.

"All schools in our board have been closed 4-1/2 days



A front-end loader with a snowblower attachment clears the inner lane of Connaught Avenue on Sunday. Students across HRM will return to class on Monday. School board officials are calling on the city to make snow removal near schools a higher priority. JEFF HARPER/METRO

this year," said board spokesman Doug Hadley.

But that's the minimum. The most any school was closed so far this year was 10 days, some due to some issues

with a leaky roof.

To make up for lost time, Hadley said, the board has asked schools to take a "close look at how to make the most effective use of the time avail-

able to them."

In some cases, school assemblies and class field trips have been postponed or cancelled so students can spend more time in the classroom.

Weather

End of the week will see temps rise

Environment Canada says people in the snow-battered Maritimes can put away their shovels for at least a week as a lull in heavy snowfall is expected.

Meteorologist Jean-Marc Couturier says temperatures are expected to rise above the freezing mark by the end of this week.

Couturier says temperatures are expected to drop to around -25 C with the wind chill in parts of Nova Scotia and New Brunswick over the next few days, but will warm up to around 5 C or 8 C by Saturday.

He says the region could see some precipitation this weekend, but that will likely be in the form of rain.

In four out of the past five years, schools have been closed for an average of four days.



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Slip-and-fall injuries clog clinic

Safety. People need to slow down, wear proper footwear for icy conditions, doctor says

No one has to tell Dr. Kevin Orrell what kind of winter it has been.

The orthopedic surgeon and his team at the outpatient clinic

at the Cape Breton Regional Hospital are currently seeing up to 80 patients a day.

"We are bursting at the seams with all of the injuries coming in," said Orrell.

"Just today alone we had eight new cases of humerus fractures and seven new wrist fractures," said Orrell, who mans the five-day-a-week clinic with five other surgeons.

A common factor in most

slips and falls, he said, is inappropriate footwear.

Much like winterizing a car, Orrell said, individuals need to put away their summer treads and equip themselves with sturdy boots.

"Proper footwear and taking your time are the two key points that I can make," he said.

Among those on the injured list this year is David Rae, the new dean at the Shannon

School of Business at Cape Breton University.

"I won't be signing any degrees for a while," said Rae, who broke his wrist when he slipped on ice in his driveway.

While statistics from the district suggest the numbers this year are on par with others, Orrell said he expects the numbers in March to push the injury rate higher than previous years. **CAPE BRETON POST**



Eight-year-old Aidan Dicks, who suffered a fractured wrist, was among the long line of patients Friday at the Cape Breton Regional Hospital who were checked over by orthopedic surgeon Dr. Kevin Orrell. **CAPE BRETON POST**

Military. Canadian navy frigate ends NATO training

A Halifax-based frigate is returning to NATO operations in the Mediterranean after a month of training exercises.

According to a release, HMCS Fredericton participated in three separate exercises with Standing NATO Maritime Group 2 in the Black Sea in the month of March.

The exercises involved training on anti-air, anti-submarine and anti-surface warfare procedures with the Turkish, Bulgarian and Romanian navies.

The participating ships also responded to "simulated small boat attacks," according to the release.

Fredericton and her crew



HMCS Fredericton
DEPARTMENT OF NATIONAL DEFENCE

left Halifax Dec. 30, 2014, to replace HMCS Toronto in the NATO maritime force intended to reassure eastern European allies concerned about the crisis in Ukraine.

Fredericton's deployment is expected to last about six months. **METRO**

Hockey

Dad sentenced to 90 days for death threat to coach

A Membertou man has been ordered to complete a 90-day jail sentence after an incident of rink rage in which he threatened to kill the volunteer coach of his nine-year-old daughter's hockey team.

Jonathan Lindsey Paul, 35, was angry over what he felt was insufficient ice time for his daughter during a hockey tournament held from March 6 to 8.

Prosecutor Shane Russell told Paul's sentencing hearing that witnesses and the coach all told police that Paul repeatedly threatened to fight and kill the coach.

"I'm going to get my brothers, my boys, my guns and get you," quoted Russell, in getting you," quoted Russell, in the court a sampling of the threats Paul made.

All the threats were made within earshot of the players.

Paul will be allowed to serve his sentence on the

weekends and will be on probation for a year afterwards, during which he's expected to undergo anger management counselling.

He has a record for offences that include uttering threats.

CAPE BRETON POST

Health

Driver airlifted to hospital after single-car crash

Police say a 29-year-old man was airlifted to hospital with serious injuries after a single-vehicle crash in rural Nova Scotia.

RCMP say officers were called to the scene in Summerville around 3 a.m. Saturday. Police say the vehicle crashed and came to rest against a light pole.

The Mounties say the Jaws of Life were used to extract the driver, the only occupant, from the vehicle.

He was airlifted to a hospital in Halifax. Police say the cause of the crash is under investigation, but roads were partly snow-covered at the time. **METRO**

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Halifax native nominated for Prism Prize

Music. Joel Mackenzie used 'Canadian tropes' to bring collaboration with Rich Aucoin alive, and landed in running for music video award

ERNESTO
CARRANZA
halifax@metronews.ca

A Halifax native brought his love for video games, '90s Nickelodeon cartoons and the Log Drivers's Waltz into his own animation — and his work has been nominated for a top award as a result.

Joel Mackenzie wrote, produced and directed the music video for Rich Aucoin's Yelling in Sleep, which has been nominated for a 2015 Prism Prize.

This isn't Mackenzie's and Aucoin's first partnership. The two also collaborated on the animation The Myth of the Robo Wonder Kid, scored by Aucoin's song P.U.S.H.



Joel Mackenzie CONTRIBUTED

"Rich has a great upbeat sound and I really liked that," Mackenzie said. "When I asked him if I could do an animation for a song off his new album Ephemeral, he was more than willing to partner up again."

Mackenzie is an animator whose work has appeared on Sesame Street, Teletoon, HBO and BBC Kids. He said his latest work was inspired by his love of '90s video games and cartoons such as

Ren and Stimpy.

"I am really into a lot of Canadian tropes," he said. "I wanted to make a fun Canadian mythology, so I combined all these things in the Yelling in Sleep video."

Yelling in Sleep stars a lumberjack who fights alongside the natural world to defeat eight-bit bees wreaking havoc on Mother Nature — with hilarity ensuing.

"I have fun making these videos and working and collaborating with all these cool people," said Mackenzie.

The \$5,000 Prism Prize will be announced Sunday, March 29.

The prize

The Prism Prize is a national award established to recognize the artistry of the modern music video in Canada. The winner is selected by a jury of more than 100 Canadian music and film industry professionals.



A still from the video Yelling in Sleep. CONTRIBUTED

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Quebec. Bloc intends to hold intercultural independence gathering

Days after a Parti Québécois leadership hopeful's controversial comment on immigration, Bloc Québécois leader Mario Beaulieu has announced his party's intention to hold a large intercultural gathering for independence.

In an interview with The Canadian Press, Beaulieu explained the Bloc Québécois wants to show that a large number of immigrants are in favour of Quebec's independence.

Last week, Pierre Karl Peladeau said that immigration represented a threat to the sovereigntist movement. The PQ MNA and leadership candidate later apologized for his comments, saying they were inappropriate and did not reflect his true thinking.

Without directly referring



Bloc Québécois Leader Mario Beaulieu THE CANADIAN PRESS

to Peladeau's remarks, Beaulieu said it was necessary to reach out to Quebecers of all origins to persuade them of the advantages of independence.

He said the national question was "the business of all Quebecers, without exception."

THE CANADIAN PRESS

Middle East. Canada backs two-state solution: Harper

Prime Minister Stephen Harper has reiterated Canada's support for a two-state solution for Israelis and Palestinians during a phone call to newly re-elected Israeli Prime Minister Benjamin Netanyahu.

The statement from Harper's office on Sunday was more muted than statements made recently by U.S. President Barack Obama, French President Francois Hollande and UN Secretary General Ban Ki-moon.

It was the first time Harper and Netanyahu had spoken since Netanyahu secured a victory on Tuesday. In the final days of the hotly contested campaign, Netanyahu said he would not support the creation of an independent Palestinian state. That position flew in the face of that traditionally taken

Quoted

"Only the creation of a viable and sovereign Palestinian state, living peacefully and securely side-by-side with Israel, can allow us to ensure peace and prosperity in the Middle East."

French foreign minister Laurent Fabius, talks about French President Francois Hollande's position

by the U.S., Europe and Canada.

"The Prime Minister reiterated Canada's long-standing position in favour of a two-state solution," wrote press secretary Carl Vallee.

THE CANADIAN PRESS

Jonquiere, Que.

Police probe toddler's death

Quebec provincial police are investigating in the case of a 17-month old child who was found dead on Saturday in a Jonquiere, Que., home. Municipal police received a 911 call early Saturday and arrived to find the child unresponsive in a bed. A spokesperson says the investigation was turned over to provincial police because the context of the death was suspicious.

THE CANADIAN PRESS

Gas leak

Varennes residents to return home

The situation in Varennes, Que., is slowly returning to normal following a chemical leak that caused several home evacuations and two hospitalizations Saturday. Municipal officials says residents who were evacuated will return home Sunday.

The city's director general said the opaque cloud is dissipating, and toxicity levels are below the critical threshold.

THE CANADIAN PRESS



Clayton Goodwin inhales medicinal marijuana through a vaporizer on March 20 in Ottawa. The cost of providing medical marijuana to the country's injured soldiers under a Veterans Affairs program jumped to more than \$4.3 million this year, an increase of 10 times what was spent last year. ADRIAN WYLD/THE CANADIAN PRESS

\$4.3M spent on medical pot for injured veterans

Health. Figures released by Veteran Affairs represent a dramatic escalation in costs, prescriptions

Quoted

"The personal stigma and shaming of an individual's choice of medicine is something that needs to be addressed."

Clayton Goodwin, a former reservist who was injured in the Far North in 2004, said the mixed messages make it hard to get pot prescribed by a doctor.

The cost of providing medical marijuana to the country's injured soldiers under a Veterans Affairs program jumped to more than \$4.3 million this fiscal year, an increase of 10 times what was spent last year.

And the number of ex-soldiers eligible for taxpayer-funded, prescribed, pot more than quadrupled to 601 patients, according to figures released by the department.

The numbers represent a dramatic escalation, even from last fall, when former veterans minister Julian Fantino was told in a briefing note that there were 224 approved cases.

At the beginning of the last budget year there were 116 eligible veterans.

In 2013-14, the government spent \$417,000 on medical marijuana for soldiers, said the briefing obtained by The Canadian Press under access to information legislation.

The jaw-dropping increases may represent a conundrum for Health Canada, which routinely warns against marijuana use, and the ruling Conservatives, who have ridiculed Liberal Leader Justin Trudeau's campaign for overall legalization of marijuana.

In a statement, a Veterans

Affairs spokeswoman stood by the program, pointing to government documents explaining that even though the government does not want to see marijuana used as medicine, the courts have ordered patients to have access to it if prescribed.

"Marijuana for medical purposes is not an approved drug or medicine in Canada and Health Canada does not endorse or promote the use of marijuana," said Janice Summerby.

"However, (Veterans Affairs) will support eligible veterans by reimbursing the cost of marijuana for medical purposes if their physician deems

it is an appropriate treatment for the veteran's health condition and authorizes its use in accordance with Health Canada's regulations."

Throughout much of last year, there was a growing debate within the veterans department about how much would be covered by the program, introduced in 2008, and whether it should be capped or even cancelled outright.

Fantino, who has since been replaced by Erin O'Toole as minister, was presented with four different options, including dropping the policy, but retaining existing clients; or eliminating it altogether.

In a pamphlet sent to constituents last year, Fantino claimed Trudeau wants to "make buying marijuana a normal, everyday activity for young Canadians" and even charged that the Liberal leader wants to allow the sale of pot in corner stores. **THE CANADIAN PRESS**

Man, shot at border, wanted for murder: RCMP

RCMP say the man fatally shot near the U.S.-Canada border on Thursday was wanted for the murder of 18-year-old Brando Walker on an Alberta reserve.

Mounties say they were in the process of obtaining a first-degree murder warrant for 20-year-old Jamison Chil-

dress, when he was killed by a U.S. Border Patrol agent near the Sumas, Wash., crossing.

Three other individuals, including a 15-year-old teen boy, have been charged in connection with Walker's death to date.

Walker's partially burned

body was found on March 7 on the Tsuu T'ina Nation reserve near Calgary, although RCMP say he was killed in a Calgary home.

U.S. authorities said Childress triggered a border sensor Thursday afternoon and behaved erratically when agents responded.

They said he was shot by an killed by an agent after he sprayed the official with an unknown chemical.

Childress is originally from Prince George, B.C. and has faced several charges in the province including theft, mischief and assault.

THE CANADIAN PRESS

Voters blunt rise of France's National Front

Politics. The far-right party is known for its opposition to immigration, radical Islam and the EU

France's governing Socialists never expected to do well in Sunday's first-round elections, and their strategy worked just as planned: Their conservative rivals took first place.

Before the elections for 2,000 local councils, the Socialists urged people to vote, hoping that turnout would blunt the rise of Marine Le Pen's far right National Front, even if it meant Nicolas Sarkozy's conservative UMP would be the victor.

Initial projections gave the UMP party 31 per cent of the vote compared with 24.5 per cent for the National Front and 19.7 per cent for the Socialists and their allies. Turnout was 51 per cent, compared with about 45 per cent in the same elections in 2011.

With little air of a man in third place, Prime Minister Manuel Valls was the first to praise the far right party's defeat.

"This evening, the extreme right, even it is too high, is not at the forefront of French politics," Valls said. "When we mobilize the French, it works."

Le Pen was nowhere on the ballots herself, but her National Front is trying to build a grassroots army of local officials to buttress her presidential ambitions in 2017.

France's council elections are in two rounds, so victory Sunday determines which candidates can contest a second vote March 29.

The Socialists, which currently control the majority of the councils, are deeply unpopular after the government's failure to turn around France's economy. Both they and the UMP are torn by infighting, leaving the National Front something of an open field for the first round.

But both the Socialists and UMP, normally rivals, have issued dire warnings about France's future under a resurgent National Front, whose opposition to immigration, radical Islam, and the European Union has helped transform the party from a pariah under Le Pen's father. **THE ASSOCIATED PRESS**



Funeral for Afghan woman beaten to death by Kabul mob

Afghan women's rights activists carry the coffin of 27-year-old Farkhunda — an Afghan woman who was beaten to death by a mob — at her funeral, in Kabul, Afghanistan, Sunday. Hundreds of people gathered in northern Kabul for the funeral of Farkhunda, who like many Afghans is known by only one name. She was killed late Thursday by a mob of mostly men who beat her, set her body on fire and then threw it into the Kabul River, according to police accounts. Police are still investigating what prompted the mob assault. **MASSOUD HOSSAINI/THE ASSOCIATED PRESS**

Venezuela. Bus accident kills at least 11 people

At least 11 people have been killed in Venezuela when a bus rolled into a ravine southwest of Caracas.

Another 36 people were injured in the crash, which occurred Sunday as the bus was travelling to visit a laagoon. **THE ASSOCIATED PRESS**

The bus driver was among the dead, according to statements released on Twitter by the National Police and a highway safety official.

The cause of the crash was under investigation. **THE ASSOCIATED PRESS**

Central African Republic. Extremists attack villages

A group of heavily armed Muslim extremists attacked several villages in Central African Republic over the weekend, killing at least 11 people, a villager said Sunday.

Central African Republic has been rocked by sectarian violence since 2013. That year, **THE ASSOCIATED PRESS**

mostly Muslim Seleka rebels seized power, and their brutal rule led to the rise of Christian militias that unleashed a wave of violence against Muslims. UN and French troops are now trying to stabilize the country. **THE ASSOCIATED PRESS**

Seven siblings die in Brooklyn fire, to be buried in Israel



A New York firefighter looks over the scene of a house fire Saturday, 2015, in the Brooklyn borough of New York City. **CRAIG RUTTLE/THE ASSOCIATED PRESS**

Seven siblings who died in a New York City house fire will be buried in Israel.

The children, ages 5 to 16, died early Saturday when flames engulfed the Sassoon family home in the Midwood neighbourhood of Brooklyn. Investigators believe a hot plate left on a kitchen counter set off the fire that trapped the children and badly injured their mother and another sibling.

Both the mother and the daughter — Gayle Sassoon and 14-year-old Siporah Sassoon — remained in critical condition Sunday morning.

Brooklyn assemblyman Dov Hikind said the children's remains will be placed aboard an El Al flight to Tel Aviv after Sunday afternoon funeral services.

"I call this not a tragedy but an absolute disaster," said Hikind, who represents the Brooklyn neighbourhood of Midwood where the fire broke out early Saturday.

The blaze killed three girls and four boys ages 5 to 16 — all members of the neighbourhood's tightknit community of ultra-Orthodox Jews.

"Everyone's in utter shock," Hikind said.

The hot plate was left on for the Sabbath, from sundown Friday to sundown Saturday. Many religious Jews refrain from working in all forms including turning on appliances during the Sabbath; some leave them running instead.

The hot plate apparently malfunctioned, setting off the blaze that sent flames up the stairs, trapping the children in their second-floor bedrooms as they slept, investigators said.

Authorities identified the victims as girls Eliane, 16; Rivkah, 11; and Sara, 6; and boys David, 12; Yeshua, 10; Moshe, 8; and Yaakov, 5.

Authorities said their father was at a nearby conference at the time of the fire.

"They were beautiful little children," said a tearful neighbour, Rose Insel, remembering how she rewarded the kids with lollipops after voluntarily shovelling her walk. "It's unbelievable. It doesn't seem possible."

THE ASSOCIATED PRESS

New Orleans

Airport attacker had Molotov cocktails: Sheriff

A machete-wielding attacker who died hours after being shot by a sheriff's deputy who stopped his rampage at New Orleans' international airport had a bag loaded with Molotov

cocktails, authorities say.

Richard White, 63, had been shot Friday night as he chased an unarmed Transportation Security Administration agent through a concourse full of frightened travellers — and in the direction of a sheriff's deputy, who drew her gun and fired three times. White died Saturday afternoon. **THE ASSOCIATED PRESS**

Tunisia

Forces pursue third attacker in museum assault

A third attacker in the deadly assault on the Bardo museum is on the run, Tunisia's president said Sunday, declaring his country at war with the extremists who killed 21

people at one of North Africa's most revered cultural institutions.

President Beji Caid Essebsi said the attack involved "three aggressors" and the third man escaped.

He was speaking live with French network iTele from inside the museum, its elaborate tile work visible behind him. **THE ASSOCIATED PRESS**

Ebola

Liberians volunteer for vaccine trial

Liberians are overcoming their fears of Ebola to volunteer for a vaccine trial.

The gruesome toll of West Africa's Ebola outbreak, which has killed more than 4,200 Liberians of the more

than 10,000 who have succumbed to the disease, has intensified efforts to find a vaccine for a disease that previously infected relatively few people in remote areas.

One year after the World Health Organization declared the Ebola outbreak, vaccine trials are under way in Liberia and Guinea. Sierra Leone will start a trial later this month. **THE ASSOCIATED PRESS**

Ottawa spent \$24M to polish oil image

Campaign. Ads not designed to sway people about Keystone XL, one official says

The multimillion-dollar campaign to market Canadian oil in the U.S. was hard to miss.

The Maple Leaf was plastered on the walls of subway stops in Washington, D.C., and it popped up in all sorts of American publications with such messages as, "America's Best Energy Partner," and "Friends and Neighbors."

Documents obtained by The Canadian Press offer a peek at the behind-the-scenes strategic considerations in 2013, as the federal government conducted a \$1.6-million US ad campaign that grew into a \$24-million, two-year program that wraps up this month.

The records, released

Campaign online

- LinkedIn was dropped because of a disappointing click-count.
- The marketing manager at Natural Resources didn't want federal ads appearing on BuzzFeed under glib headlines like LOL, OMG and WTF. He also warned against using Facebook: "I think it's dangerous."

under the Access to Information Act, reveal the websites to be shunned as advertising outlets; the Internet search words that would trigger a Canadian energy ad; the coveted locations for billboards in Washington, D.C.; the rejected proposals; and the U.S. ad salespeople who angled for a slice of the publicity pie.

Throughout the two-year

campaign, the Keystone pipeline issue remained unresolved. But that doesn't mean it failed, defenders say. In fact, the ads didn't mention Keystone. The original call for tenders spelled out the mission: to defend Canadian energy's reputation against hostile groups and lawmakers threatening anti-oilsands measures in the U.S. and Europe.

So was the campaign successful? A separate budget was used for gauging the public response — \$58,335 for an initial focus group and \$49,393 later for a poll.

The poll showed most D.C. respondents had seen the ads. They didn't quite agree, however, on what they had seen. The most popular takeaway message, at 17 per cent, was that Canada and the U.S. were friends and energy partners. Building Keystone XL got 11 per cent.

THE CANADIAN PRESS



Starbucks U.S. ends in-store 'Race Together' campaign

A barista at a Starbucks store in Seattle puts a "Race Together" sticker on a customer's cup earlier this month. As of Sunday, Starbucks in the U.S. has ended the visible component of its diversity and racial inequality campaign. But the coffee chain's initiative will continue more broadly without the handwritten messages. The campaign has been criticized as opportunistic and inappropriate, coming in the wake of racially charged events such as national protests over police killings of black males. THE ASSOCIATED PRESS FILE

Drones

First-of-its-kind park in the U.S. creates a buzz

The first unmanned aircraft business park in the United States is still several weeks away from the start of construction, but backers of the project say many companies are showing interest.

The 1.2-million-square-foot park is called Grand Sky. The facility, located on the Grand Forks Air Force Base, N.D., will have space for hangars, offices, shops, laboratories and data centres.

Defence technology giant Northrop Grumman, based in Virginia, has already signed a letter of intent to anchor the park, which is expected to create thousands of jobs.

One company looking to get into the ground floor of Grand Sky is Smart C2. The president of the software business says the park should help small businesses grow into valuable companies.

THE ASSOCIATED PRESS

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VOICES

A FAREWELL TO THE GOOD ONES

The local journalism community lost Matthew Wuest and Allan Rowe last week; both were talented, humble storytellers with interesting backstories of their own



HALIFAX MATTERS
Stephen Kimber

They were different men at different stages of their personal lives and professional careers.

No matter; with last week's too-soon deaths of Allan Rowe, the longtime Global television anchor turned MLA, and Matthew Wuest, the former Halifax Metro sports journalist and founder of the legendary Capgeek.com, the local journalism community is a lesser place.

Rowe, 58, died last Monday following an aneurysm. Wuest, just 35, succumbed Thursday after a 2-1/2-year struggle with colon cancer.

They were each professional storytellers,

but their own stories were compelling, too.

Rowe's journalistic career began in 1982 when he was assigned to cover the sinking of the Ocean Ranger off Newfoundland. All 84 workers had died.

Before he switched to journalism, Rowe worked as a roughneck aboard the Ocean Ranger. Many of the deaths he had to report on were those of "close friends."

Wuest, for his part, was a computer-science grad who switched to journalism because computer science turned out to be "not very fun."

He became the Halifax Mooseheads beat reporter. But in 2009, on a whim, he employed his computer-science smarts to create a simple National Hockey League salary-cap calculator to determine whether his beloved Detroit Red Wings could afford to sign

Marian Hossa.

Fans asked him to design similar calculators for their teams, and Capgeek was born. Within two years, The Hockey News named Wuest one of hockey's 100 most influential people, and his site boasted four million hits a day during the NHL's peak signing/trading deadline frenzies.

Ironically, the first time many people knew Wuest had created the popular website came in January, when he quietly announced he was shutting it down because of his deteriorating health.

That was something else about both Wuest and Rowe. In a business with more than its share of egos, they were both self-effacing good guys.

AllNovaScotia.com reporter Devin Stevens, who says Rowe hired him "when he

Modest

In a business with more than its share of egos, they were both self-effacing good guys.

didn't have to," remembers trying to say thanks when he was about to leave for another job.

"Humble to a fault," Stevens explains. "He wouldn't have it. I would have made it anyway, he said. That's the kind of guy Allan was."

Matthew Wuest.

Allan Rowe.

Two good guys. Two good journalists. They will be missed. RIP.

Your Halifax**A winter wallop**

Della MacFarlane uses a ladder to pile snow high in her Halifax driveway after a heavy snowfall late last week.

CONTRIBUTED

Photo submitted by Metro reader Helen Rapp



SEE YOUR SHOT HERE:
Send us high-quality snaps of your city to readers@metronews.ca

Upcoming

Potential changes to HRM's fire service will be presented on Wednesday. JEFF HARPER/METRO

Great debate rages on about how to best operate fire services in HRM

The burning issue of how to overhaul HRM's fire service will be debated, again, this week.

Regional councillors debated the operational review, which includes a recommendation to close three career and four volunteer fire stations, on March 10.

They asked Chief Doug Trussler for more information as to what it would cost to have a crew of four people on every fire truck in HRM if the stations aren't consolidated as suggested.

Trussler is scheduled to present the additional information to council's committee of the whole during his department's budget presentation Wednesday.

The meeting will be streamed online at Halifax.ca. **METRO**

Introducing the 'smelfie'



Kim Kardashian's famous #belfie.
INSTAGRAM/KIMKARDASHIAN



Adam Hill started the "smelfie" trend.
TWITTER/@ADAMHILLSCOMEDY



A cute #felfie, or the selfie with a farm animal.
INSTAGRAM/ELLIEB2781



The #delfie, or selfie with a dog, may be the most adorable of them all. INSTAGRAM/CARLEYFORTUNE

Culture. The popularity of the selfie has spawned a seemingly endless variety of wacky offshoots

DEBORAH
HERNANDEZ
Metro in Toronto

Confused about all of the selfies showing men holding soiled diapers on Twitter lately?

The "smelfie" is a new breed of selfie that started when Adam Hill, an Australian comedian and father, tweeted a photo of himself making a sour face while holding up his daughter's soiled diaper and hashtagged it #smelfie.

But, why is social media so obsessed with selfies (and its other popular variations)?

Marcel Danesi, a professor of anthropology at the University of To-

ronto, says it's because selfies allow people to share their experiences and their true "self" with the world.

"We have this need to assert ourselves," Danesi says, "and technology gives us a chance to do this much more regularly and spread it broadly."

The need to share one's thoughts, opinions and photos isn't anything new, but is the ever-growing trend of selfie sharing a sign that society has become too narcissistic?

"Narcissism has existed since the ancient world," Danesi explains. "Selfies allow an expression of this by the individual. There's no need to go to a portrait painter or professional photographer anymore."

These days, many social media users post photos of themselves in the most mundane situations, such as #postworkoutselfie or #iwokeuplieddis, which Danesi says is because everyone believes — or wants to believe — that people care about who we are.

"It's a way of making your mark in the world," he adds.

It could be our way of saying, "look at my world. Look at my situation and try to understand what I'm going through."

Navigate the crazy world of selfies

The belfie

According to Vogue, we're in the era of the big booty and the number of people posting belfies (selfies of butts) seems to have proven this right.

There's even a "belfie stick," a bendable, titanium steel stick that allows users to take pictures of their behinds that you can purchase for \$79.99.

But, if you're in the market for one, you'll have to wait a bit longer since the 'Belfie Stick' is currently out of stock.

The #postworkoutselfie

Show off your body and healthy lifestyle to the world with this type of selfie. The #postworkoutselfie often includes gym mirrors and bodies encased in tight workout clothes, glistening with sweat.

The #iwokeuplieddis/ #nomakeupselfie

In her song Flawless, Beyoncé sings, "I woke up like dis" about a dozen times, generating a selfie trend where people now post what they look like after just waking up.

Often users share photos of themselves looking far too flawless to be believed or hilariously honest with major bed-head.

The #pelfie / #delfie / #felfie

Possibly the most adorable selfie of all, the #pelfie is a selfie with a pet. It's cousins are the #delfie (selfie with a dog) and the felfie (selfie with a farm animal).

The #cryingselfie

Crying selfies break away from the mould by showing people in some of their most unhappy moments and although some people find these photos inappropriate and uncomfortable to look at, posting them might be cathartic for some users.



MIND THE
APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Downloads of the week

This week we look at Lost Sounds, Terry Pratchett and S.T.E.A.M.

App

Adventures of Poco Eco – Lost Sounds

iPhone/iPad
\$3.49

In this electronica relaxation adventure, you can navigate a beautiful dreamscape of totem animals and puzzle paths to unlock a free album for download using chill synths, sequencers, and amps.



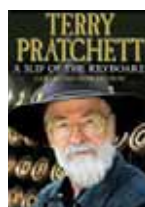
Ebooks

A Slip Of The Keyboard

By Terry Pratchett

Kindle/iBooks/Kobo

In this collection of musings, speeches, and essays, Pratchett aims his humour at nuclear power stations, floppy hats, Alzheimer's, orangutans, and others things unrelated to his much-loved DiscWorld fantasy series, making this a fine way to remember the celebrated author or perhaps even meet him for the very first time.



Video game

Code name S.T.E.A.M.

For. Nintendo 3DS

Rated. Teen

In this wacky battle between American literary characters and invading aliens, you point and shoot as normal, but must move everyone and take turns as if it's a board game. The very difficult twist is that you can't see the board itself and so must rely on memory and guesswork for tactical planning. The 12 unlockable characters have inventive weapons, but I wish they had a more lively story.



2 SCENE

Gossip

NED EHRBAR
METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Eva Mendes came under fire last week for joking that sweatpants are the "No. 1 cause of divorce in America," because obviously we've exhausted all other topics over which to get outraged. To quell the public indignation, Mendes and partner Ryan Gosling struck out on social media to assure all of their commitment to dressing for comfort, not style. First, Mendes posted an affectionate ode to her "favourite pair of sweatpants" on Instagram, apologizing for forsaking them.

"Dear favourite pair of sweatpants. I was just kidding when I said you're the #1 cause of divorce.

Everyone knows that orange Crocs are the No. 1



Thanks for understanding sweatpants. Sorry orange Crocs."

Then Gosling chimed in himself with some well-earned wisdom for others about how to live in polite society.

"Word to the wise. Don't joke about sweatpants or North Korea. Real hot button issues. Trust me," he tweeted.

"Obviously sweatpants thing was a joke. Wearing

cause of divorce. Either way it was a bad joke and feel terrible if you or anyone thought I was serious.



Eva Mendes ALL PHOTOS GETTY IMAGES

them now. That's right, tweeting in sweatpants. Rats! Said too much! You win again



Ryan Gosling

Twitter."

Personally, I'd wager that a lack of a sense of humour is

the bigger threat to happiness, so lighten up, everybody.

Jenner said to be
reaching for the Stars

Speculation about Bruce Jenner announcing he's transitioning to a woman has swiftly shifted from a matter of if to a matter of when, and now it looks like it might be more about how high-profile he can go with it. And how high profile can he go with it? Dancing with the Stars high, according to Life & Style. Jenner "wants his public debut to be very big, and there is no better platform than going on Dancing with the Stars, a source says. "Bruce has been in talks to appear on the current season, but the timing didn't work out. Since he is planning on undergoing a sex change operation this summer, the fall would be a perfect time for Bruce to introduce himself to the world as a woman."

Is the end of One
Direction upon us?

There might be trouble in teen pop paradise, as Zayn Malik has been sent home early from One Direction's On the Road Again Tour, which is currently winding its way across Asia. Malik is said to be "stressed," and some worry this might be a sign of greater trouble for the group. "A lot of people in their camp fear that this is the beginning of the end for One Direction," a source tells Radar. "The higher-ups ordered Zayn to take a break because there are concerns for his well-being. Zayn's management is livid right now, but they are also very sympathetic."

So what kind of stress are we talking about? Malik, 22, has "been living in the fast lane like a true rock star for years. He tells everyone that he wants to have a normal life, but lives in the fast lane," the source adds.

Saldana not up for
a D & G boycott

Sorry, Elton John, Zoe Saldana will not be joining your boycott of designers Dolce and Gabbana over their comments about gay and lesbian parents having "synthetic" children.

"That would be the stupidest thing if it affected my fashion choice," she tells E News at the GLAAD Media Awards this weekend. "People are allowed to their own opinion. However, I wouldn't have chosen to be so public about something that's such a personal thing. Obviously it caused some sensitivity, but then again, if you continue to follow the news, you see they all kind of hugged it out, so why are we making a big deal about it?"

I ... don't really have an answer for that, ma'am.

We need to talk.

RICK HOWE 9am-1pm

SHELDON MacLEOD 2pm-6pm

News 95.7
News.Talk.Sports.

Smart saving for your future

Money management.

Getting serious about saving means choosing investments that are right for you



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Saving is a lost art. You'd think that with all the yada-yada about how important it is to save, what a big deal RRSPs and TFSA's are, and the scant resources we'll have if we count on the government, that we'd all be squirrelling away money for the future at a wicked pace. We're not.

So much of the blah blah about building up a stash of cash for the future centres on the next big investment that will get you to where you want to be. If it's really so easy to be a successful investor, why aren't there more of 'em?

If what's stopping you from saving is the sense of "I don't know what to do with the money once I've saved it," I can reassure you that deciding what to invest in isn't as hard as you might think. Forget about analytics and market timing, forget about what was hot last year. You're going to focus on these three things:

Define savings

If you're sticking money away for a vacation, for gifts, for car insurance, that's not savings; it's planned spending



It may be time to update that piggy-bank savings strategy. ISTOCK

- When you'll need the money.

- How willing you are to lose money because investments can take a dive.

- How knowledgeable you are about investing.

If you won't need the money for 10 years or more, the world in your oyster. You can buy just about everything going.

If you're willing to take chances — you win some, you lose some — then you have to figure out how much 'lose some' you can stand. All of it: you're a risk taker; none of it:

stick with sure and steady. If you can't explain what you're thinking of buying to a 12-year-old, you can't buy it.

But that doesn't mean you can't be an investor. Everyone can be an investor. Earning even a sad .25 per cent on your savings account makes you an investor, albeit a lazy one. And if you have a stomach for more risk, learn about indexed investing and get busy.

Investing isn't the biggest barrier to building up a nest egg. People often misunderstand what "saving" is. Saving is "not spending money" and if you want to have "savings"

you have to take the money you didn't spend and put it somewhere to accumulate for the future. If you're sticking money away for a vacation, for gifts, for car insurance, that's not savings; it's "planned spending."

It's smart to accumulate money for big spends right along with your day-to-day needs, but it's not savings. Unless it's going into an emergency fund, a long-term savings — think retirement or school — it's not "savings."

Saving a measly four per cent of your income isn't going to get you to where you want

Slow and steady savings

If you don't leave yourself enough time for your money to do some of the heavy lifting — I'm talking compounding here — you're doing yourself a huge disservice. Start saving in your 20s and your money will grow, grow, grow.

- Assume you make \$45,000 a year, save 10 per cent, a month, and earn 3 per cent return on your money on average, and don't have to pay tax on the income (you've put the money in a TFSA or RRSP):
- Start at 25 and by retirement, (assuming it's at age 65) you'll have \$357,441, \$172,941 of which came from interest.
- Start at 35 and you'll have \$226,594, \$87,094 of which came from interest.
- Start at 45 and you'll have \$129,623, \$35,123 of which came from interest.

to be. With 35 years or less to your retirement date, you need to be socking away 10 per cent. With 25 years or less, if you haven't saved any money, you need to be squirrelling away 18 per cent of your income.

Money is an exhaustible resource. It runs out. If you want to have some for later, you've got to avoid spending some now. Begin developing the saving habit and you're heading in the right direction. Momentum will carry you along.

Ultimately, how much you save and how long you save are just as important as what you do with those savings.

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Advice

I've bean the coffee mule at work too long

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
Whenever I leave for a coffee break, one of my colleagues asks me to get her a complicated espresso drink. While I'm happy to pick up the occasional latte, it's becoming a regular request. Sometimes she doesn't even pay me back! It seems rude to say no — but I don't like feeling like her assistant when we work at the same level. How can I get out of bean duty without appearing impolite?
— Not Your Daily Grind

Dear NYDG,
There's a reason your co-worker has started treating you like her personal cappu-courier: You're letting her. When friendly deeds go unreturned, it's time to filter your favours. Evasion is an option. Before she places her order, quietly duck out. Your single Americano will send the message that you're now buying coffee for one.

Can't dodge her demands? Try splitting the labour. Say you're super busy, and suggest you swap spots: For the next week, she grabs the java while you stick to your desk. If she agrees, your days as caffeine mule are done. If she says no, you have licence to dismiss all future errands.

Sporadic coffee runs are a nice gesture. But

when you regularly allow colleagues to exploit your generosity, you set a dangerous precedent. Put a lid on your pushover tendencies before they spill into other areas of your work.

Dear Metro,
A new guy just started at my office in the same position as me. It's only been a few weeks, but he's already outshining everyone in our department. My boss keeps praising his work and my colleagues all want to be his best friend. I have to admit I feel very threatened by his instant popularity. Is there any way I can hold my own against this new superstar?
— Skulking in the Shadows

Dear SITS,
To maintain your own value, quit fixating on somebody else. Not only will your anxieties seem petty, they will also distract you from your job — which will only make new guy gleam brighter.

Instead of getting outshone, bask in your new colleague's glow. Get to know his work style, and establish yourself as a reliable day-to-day ally. In the short term, you'll seem like a team player with good taste in friends. But this is also a great long-game strategy: should new guy's star rise, he'll pull you up with him.

Not that you need his support. New guy may be shiny and fresh, but your role is more entrenched. Rather than fussing over a co-worker's flashy performance, worry about honing your own. Then new guy will be intimidated by you.

Fake It Till You Make It (without huge mistakes)

When starting a new job. Follow this checklist to ensure you nail your role by listening, dressing and interacting in the best ways possible

LAUREN MARINIGH
talentegg.ca

Everyone has heard the saying, "fake it till you make it" — but how do you put those words into action when starting a new job?

Giving off a winning impression is key to driving success in your professional life. However, it can be challenging to do that when you're trying to figure out your new role, on top of adjusting to a new work environment and new teammates. It's easy to say "take risks," but making unnecessary mistakes can have consequences.

So how do you establish your competence? Read on and find out!

Master the meeting

It can be difficult to give off an aura of confidence when introducing yourself, especially when you are out of your comfort zone. Whether you're talking to a colleague or a client, you need to make sure that they know you have your role under control.

Start introductions with a smile and firm handshake. Stand up tall, make eye contact, and speak with confidence. Don't let your nerves take the best of you — and most importantly, never make



Master the meeting and earn your colleagues' respect and trust. ISTOCK

any promises or state any facts that you don't know for sure. The best way to handle these situations is to let them know that you will double check for them with a colleague, and follow up with them in a timely manner.

Dress the part

Dress as if you have a meeting with a CEO, even if you're just heading in for a routine workday. Pick out your favourite blazer, your favourite tie, and accessorize like you're going to a big business event.

Dressing professionally can help boost your inner confidence and set a tone with others around you. Think about it — are you more likely to trust the advice of someone in jeans and running shoes, or

someone dressed like they just came back from a board meeting? Take a look at what senior people are wearing within your company, and mimic their style — as they say, "dress for the part you want, not for the part you have!"

Listen carefully

Spend your first few weeks soaking up information. The more you listen, the more you will get a sense of the company and your role, which in turn will allow you to feel more comfortable and confident going forward. Not to mention that it will show you genuinely want to learn before doing.

When you talk, select moments where you can contribute something solid to the con-

versation or meeting. Don't just talk for the sake of talking — people who talk without thinking are less likely to have credibility among their peers.

The bottom line is: Be confident!

Confidence is key — after all, people are unlikely to believe in your skills if you don't show you believe in them as well. Be sure your confidence is genuine and humble.

It's very easy to cross that fine line into "arrogance", which will likely turn off your co-workers. Remember, just because you want to appear capable doesn't mean you can't ask for clarification. You never want your confidence to override the need to learn and grow professionally or personally.

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Obama: Compensation would 'ruin' college sports

President Barack Obama is coming out against compensation for college athletes.

He says it would lead to bidding wars and "ruin the sense of college sports." Obama says what does frustrate him, though, is seeing college coaches and the NCAA making huge amounts of money while an athlete gets banished for taking advantage of perks, such as the free use of a car. He says that's unfair.

Obama commented in an

interview with The Huffington Post after he was asked whether college athletes should be compensated because they are money-makers for the NCAA, TV stations and advertisers.

The interview was released Saturday, hours after Obama cheered for his niece's Princeton team stayed undefeated by topping Wisconsin-Green Bay in a first round NCAA Tournament game played in Maryland.

THE ASSOCIATED PRESS



President Barack Obama watches a women's college basketball game in the NCAA tournament AP PHOTO

Soba so good as versatile noodle salad

Asian Soba Noodle Salad. Coconut milk and peanut-dressed veggies and noodles make a colourful starter or main



ROSE REISMAN
For more, visit
rosereisman.com or
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@rosereisman

Soba noodles are Japanese noodles made of buckwheat and wheat flour. They are perfect to use in either hot or cold pasta dishes and don't soak up the sauce as quickly as regular pasta. Combine them with a coconut-peanut dressing and a variety of vegetables to make this great appetizer or main course.

Always purchase natural peanut butter, which has nothing but nuts. Processed peanut butter contains icing

sugar and can be hydrogenated. Almond butter is also a great substitute.

Directions

Salad

1. Bring a large saucepan of water to a boil and cook the noodles for 3 to 5 minutes or until tender. Drain. Rinse under cold running water and drain again.

2. Combine the noodles, snow peas, red pepper, green onion, cilantro and peanuts in a large serving bowl.

Dressing

1. To make the dressing: Combine the coconut milk, peanut butter, soy sauce, vinegar, sesame oil, sesame seeds, garlic, brown sugar, ginger and chili sauce in a bowl or a small food processor.

2. Whisk or process the mixture until smooth. Pour the dressing over the vegetable-noodle mixture and toss to coat.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

**TOTAL
TIME
ABOUT 25
MINUTES**



This recipe serves eight. ROSE REISMAN

Ingredients

Salad

- 8 oz thin soba noodles
- 1 1/2 cups finely chopped snow peas
- 1 1/2 cups finely chopped red bell pepper
- 1/2 cup finely chopped green onion
- 1/3 cup chopped cilantro or parsley
- 1/4 cup chopped peanuts

Dressing

- 1/2 cup light coconut milk
- 3 tbsp natural peanut butter
- 2 tbsp low-sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp toasted sesame seeds
- 2 tsp minced fresh garlic
- 2 tbsp brown sugar
- 1 tsp minced fresh ginger
- 1 tsp hot chili sauce, or to taste

WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

Storm Collection

Curbside collection cancelled last week (Wednesday, Thursday, Friday) will not be rescheduled. Residents are asked to hold onto their waste until their next regular scheduled collection day. The municipality will accommodate missed garbage collection by allowing double the bag limit on April 1, 2, and 4.

Collection for the week of March 23 to 27 will proceed as per the regular schedule.

The municipality apologizes for any inconvenience and thanks residents for their cooperation as we continue to clean up from the storm.

If collection was cancelled:	→	Place those materials for collection on:
Wednesday, March 18	→	Wednesday, April 1
Thursday, March 19	→	Thursday, April 2
Friday, March 20	→	Saturday, April 4 *Alternate collection day for Good Friday

Mooseheads end regular season on winning note

QMJHL. Goalie Resop racks up three assists in win over Wildcats



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

It's not every day a goalie gets three assists.

Halifax Mooseheads rookie Kevin Resop did just that Sunday, in addition to making 30 saves, in a 5-2 win over the Moncton Wildcats to cap off the QMJHL regular season at the Scotiabank Centre.

"I could never imagine that," Resop said after the game, which put the Herd in fourth place of the Maritimes division, 12th overall in the league, heading into the playoffs.

"I think the pucks just hit me, and I saved it, and our guys did the rest," he said.

Resop's assists came on Halifax's first, second and fourth goals.

That, and some pretty stellar stops, earned him first star of the game.

It took only two minutes after puck drop for the Mooseheads to open the scoring, on a goal from Maxime Fortier, with Danish import Nikolaj Ehlers assisting to notch his 100th point of the season.

Forward Philippe Gadoury made it 2-0 just over five minutes into the middle frame, one-timing a pass out front from Danny Moynihan, who had three points on the evening.

Moynihan's next assist came just over three minutes later, when he dug for the puck in the corner and put it on net, creating a rebound for forward Vincent Watt to



Halifax Mooseheads winger Vincent Watt celebrates a second-period goal against the Moncton Wildcats on Sunday at the Scotiabank Centre. JEFF HARPER/METRO

Game notes

- Mooseheads defence-man Cavan Fitzgerald, along with forwards Brandon Vuic and Connor Moynihan, were scratched Sunday.
- The Wildcats, first in the Maritimes division and second overall, scratched seven players Sunday.
- Halifax fell 4-1 to the Saint John Sea Dogs on Saturday and was shut out 3-0 by Moncton on Friday.
- Games 1 and 2 against the Cataractes are this Friday and Saturday on the road.

capitalize and give Halifax a 3-0 lead.

"Our first period was

actually really sloppy," Moynihan said.

"Second and third we

came out a lot stronger."

Lane Cormier shattered any hope of a shutout when he put the Wildcats on the scoreboard at 16:23 in the second. But Halifax answered quickly, with forward Samuel Leblanc, named third star of the game, letting off a shot into the top right corner to make it 4-1 while short-handed.

Moynihan scored at 12:03 in the third, taking the feed from Jordan King and giving Halifax a 5-1 lead. Kyle Tibbo was able to pop in a rebound for Moncton with just over

Turnout

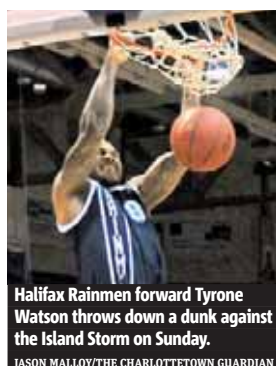
8,780

The attendance for the regular-season finale at the Scotiabank Centre

three minutes remaining.

The Herd will face off against the Shawinigan Cataractes, who finished third in the East division, in the first round of the playoffs.

"It's always good going in with a win," second star Moynihan said.



Halifax Rainmen forward Tyrone Watson throws down a dunk against the Island Storm on Sunday. JASON MALLOY/THE CHARLOTTETOWN GUARDIAN

Rainmen grab stranglehold in series vs. Storm

Make that three straight for the Halifax Rainmen.

The local NBL Canada club beat the Island Storm 106-93 in Charlottetown on Sunday to claim Game 3 of their second-round playoff series. The Rainmen need only one more win to claim the Atlantic Division banner and earn a berth into the National Basketball League of Canada final.

Centre Liam McMorrow led

the way for Halifax with 18 points, while power forward Jermaine Dailey put up 16 points and guard Forrest Fisher added 12 points. Forward Kevin Young pulled down 14 rebounds.

For the Storm, Brandon Robinson scored 21 points, Rashad Whack added 17 points and Mike Martin had five rebounds.

Just as the previous two

Game 4

Tip-off on Game 4 is Tuesday at 7 p.m., again at the Eastlink Centre in Charlottetown.

play-off matches between the division rivals, the gap on the scoreboard remained close through much of the match-up.

Halifax was up just 27-24 after the first quarter, but the Island snagged a brief lead on a 16-0 run before the Rainmen were able to come back and complete the first half with the 50-49 edge.

The lead continued to go back and forth, but Halifax claimed the momentum in the fourth quarter, and eventually the victory.

KRISTEN LIPSCOMBE/METRO

Sill brings lost art of 'heart' to Leafs

NHL. Cole Harbour combatant getting rave reviews so far in stint with Maple Leafs

There are arguments in hockey that say the new wave of analytics and concussion lawsuits have factored into the dramatic reduction — and even extinction — of the enforcer role player.

Then there's the argument for Maple Leafs forward Zach Sill.

"He has more heart than just about anybody I've seen," Leafs coach Peter Horachek said over the weekend in praise of the gritty forward, who has stood out in part for being the only Leaf willing to drop the gloves in Saturday's game.

Quoted

"He knows who he is and he brings energy every single day."

Leafs coach Peter Horachek on Zach Sill

Sill finds himself in a dramatically different atmosphere in Toronto, having been sent in a trade deadline deal in late February to the Leafs from a Stanley Cup contender in Pittsburgh.

A fourth-line player "all my life, even in the AHL," Sill appeared destined for the same territory in Toronto, but his value to the team has risen with the roster thinned in several areas, including toughness.

Horachek has tried to battle those trends with daily demands "for more" out of his players and, all too frequently in the last month, he's had to resort to questioning his teams' character as part of his search for a motivational spark.

Sill seems to welcome all those types of challenges that have gone largely unanswered on that thinned out Leafs roster.

"I wouldn't expect many guys to do what I do," said Sill, as the Leafs held an optional practice Sunday.

"I've got a job to do and I like doing it, it doesn't bug me at all. It's an opportunity for me and I'm like a lot of guys who

are in that boat, you want that opportunity to play."

Sill may appear to be chasing a disappearing role in the NHL.

Statistics showed that more than 70 per cent of NHL games last season failed to register a single fight — marking only the second time in 35 years where fighting dropped to such low levels.

Still, the need for players to stand up for their teammates never faded.

Enter Sill.

In a loss to Ottawa Saturday, Sill immediately responded to a big-time Mark Borowiecki hit on Richard Panik. There was also a scrap against the much larger Eric Gryba earlier in the game.

"Zach sticks up for his teammates," Nazem Kadri said. "He talks a lot on the bench and he's a stand up guy in the dressing room. He earns your respect."

Now, with a one-year deal at an NHL minimum \$550,000 expiring this season, Sill has certainly played himself into consideration for next year's Leafs roster. **TORSTAR NEWS SERVICE**



Zach Sill's fight total nine this season after the Leafs game on Saturday night in Ottawa. CLAUS ANDERSEN/GETTY IMAGES

Bruins look to be far from playoff shoe-ins in Tampa



The Lightning celebrate Anton Stralman's first-period goal against the Bruins on Sunday in Tampa, Fla. MIKE CARLSON/THE ASSOCIATED PRESS

J.T. Brown and Anton Stralman scored 15 seconds apart soon after Tampa Bay captain Steven Stamkos got into a fight, and the Lightning stopped a 10-game losing streak against the Boston Bruins with a 5-3 victory on Sunday.

Tampa Bay also got goals from Vladislav Namestnikov, Jason Garrison and Ondrej Palat. The Lightning's last win over Boston was on Mar. 13, 2012, a 6-1 victory.

Patrice Bergeron, Zdeno Chara and Daniel Paille

scored for the Bruins, who are 0-3-2 over their last five games and hold a one-point lead over Ottawa for the final Eastern Conference playoff spot. The Senators have played two fewer games.

Less than a minute after Stamkos fought Boston's Brad Marchand at 10:05 of the first, Brown (10:47) and Stralman (11:02) beat Tuukka Rask to put the Lightning up 3-1.

The Lightning trail Atlantic Division-leading Montreal by two points.

Namestnikov had tied it

at 1 from in-close at 5:49 of first after Rask made a pair of saves.

Garrison made it 4-1 on his first goal in 40 games, which ended Rask's night at 7:54 of the second. Niklas Svedberg replaced Rask.

Bergeron opened the scoring 33 seconds in, beating Ben Bishop from the slot. Chara got a power-play goal midway through the third.

Palat also had a third-period power-play goal before Paille scored in the final minute. **THE ASSOCIATED PRESS**

In Detroit

Justin Abdelkader helped get the Detroit Red Wings' four-game homestand off to a strong start.

- Abdelkader's power-play goal 24 seconds into overtime lifted the Detroit Red Wings to a 2-1 win over St. Louis. Detroit had a man advantage for the final 1:21 of regulation and to open overtime.

NBA



"I will likely never play basketball again. It's bitter-sweet. I

already miss the game deeply, but I'm also really excited to learn to do something else."

Victoria's Steve Nash announced his retirement Saturday following an illustrious 19-year NBA career that included two MVP awards. The 41-year-old made his announcement on Twitter and in a letter on The Players' Tribune website

Premier League

Gerrard red card shocks Anfield

Steven Gerrard was sent off less than a minute after coming on as Manchester United beat Liverpool 2-1 Sunday in the Premier League with two goals from Juan Mata.

The 34-year-old Gerrard was shown a straight red card for stamping on Ander Herrera after replacing Adam Lallana at the start of the second half.

"I have let my teammates and manager down today. Even more importantly, I let



Liverpool midfielder Steven Gerrard is shown a red card by referee Martin Atkinson on Sunday at Anfield. PAUL ELLIS/AP/GETTY IMAGES

all the supporters down and I take full responsibility for my action," Gerrard told Sky Sports 1.

Mata scored in the 14th

minute at Anfield before doubling the lead with a spectacular scissor-kick in the 59th.

THE ASSOCIATED PRESS

Golf

Every makes it two in a row at Palmer Invitational

Matt Every won the Arnold Palmer Invitational for the second straight year, making an 18-foot birdie putt on the 18th hole at Bay Hill to beat Henrik Stenson and earn trip to the Masters.

Every rallied from a four-shot deficit last year. This year, he came from three shots behind Sunday with a 6-under 66.

THE ASSOCIATED PRESS

MLB spring training

Martin homers for first time as a Jay

Russell Martin homered for the first time this spring, Roberto Osuna tossed 3 2-3 scoreless innings and the Toronto Blue Jays blanked the Tampa Bay Rays 3-0 on Sunday in a game that took just 2 hours, 2 minutes.

Martin's sixth-inning drive off reliever Mike Montgomery landed far beyond the right-centre field wall.

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Make sure you know what you are talking about because if you make things up you are sure to be found out.

♉ Taurus

April 21 - May 21

There seems to be a lot of self doubt in your mind, which is not like you. Prove you have what it takes by taking the sort of risk you would usually avoid — and be a star.

♊ Gemini

May 22 - June 21

You will find it hard to hide your emotions. Even if you keep your mouth shut your body language will give you away. That's good. Let others know you have feelings, too.

♋ Cancer

June 22 - July 23

Try not to be too aggressive even if you think it is justified, especially in money-related matters. Don't upset people whose support you may need in the near future.

♌ Leo

July 24 - Aug. 23

Go above and beyond the call of duty. Your efforts will be rewarded in the long-term and you will feel good about yourself right now.

♍ Virgo

Aug. 24 - Sept. 23

You may feel trapped by certain obligations, but now you must keep them. If you don't, your reputation could suffer damage it takes many months to repair.

♎ Libra

Sept. 24 - Oct. 23

Your head may be full of big ideas but this is not a good time to push too hard. You will achieve more in the long term if you go with the flow.

♏ Scorpio

Oct. 24 - Nov. 22

Everyone seems to know what is best for you. And everyone is wrong. Only you can decide on your next move. Make it a bold one.

♐ Sagittarius

Nov. 23 - Dec. 21

Something you say may hurt a friend's feelings but don't worry about it because they are not as weak as they like to make out. Call it as you see it.

♑ Capricorn

Dec. 22 - Jan. 20

You like to prove yourself but don't upset people in positions of authority over the next 24 hours — the results could be painful.

♒ Aquarius

Jan. 21 - Feb. 19

You may be adventurous by nature but try not to expose yourself to situations that could become difficult, or even dangerous.

♓ Pisces

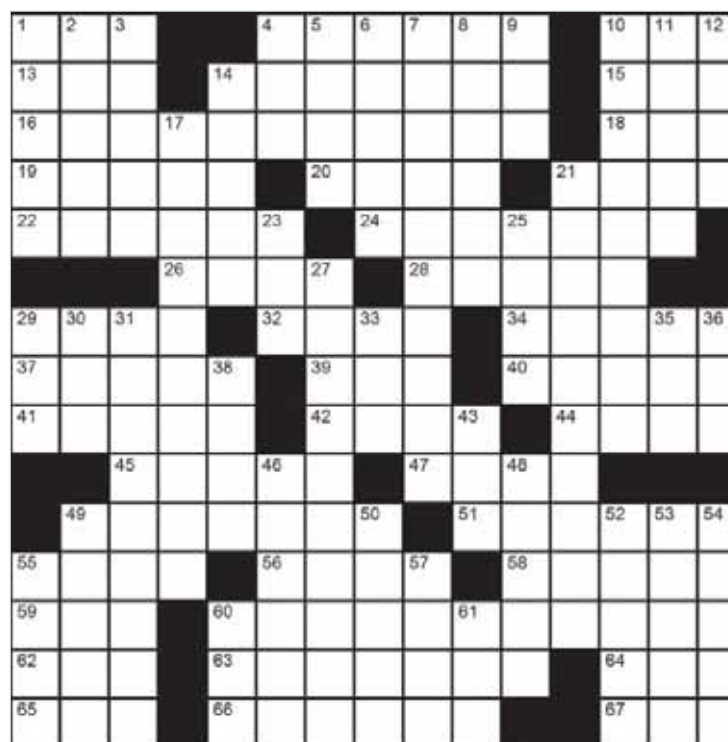
Feb. 20 - March 20

The universe wants you to throw caution to the wind and do something that takes everyone by surprise. Sometimes others doubt you will ever be dynamic enough to succeed — but you're about to prove them wrong.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Internet hookup letters
4. Wild canine
10. 'Most Wanted' org.
13. "Take __, __ insist."
14. Paul __, The Poseidon Adventure novelist
15. Permit
16. NCC = Nature __ of Canada
18. Unwell
19. Too snug
20. Military assistant
21. Recount
22. Skedaddles
24. Pierre Trudeau would stylishly wear one in his lapel: 2 wds.
26. Observer
28. Raises
29. Ladder step
32. Pulls the car
34. Young salmon
37. "We're on __ to nowhere." — Talking Heads
39. Texter's giggle
40. Ms. Hunt
41. Verdi opera, La __ del destino
42. Some jeans
44. Ouis opposites
45. Sad tune
47. Mon., on Tues.
49. Acknowledge, perhaps after being in denial
51. Reaches a baseball base this way
55. Guzzle



56. Many
58. Not suitable
59. Deceive
60. CSA = Canadian __
62. Egos and __
63. Restraints
64. North or South country [abbr.]
65. Furry friend

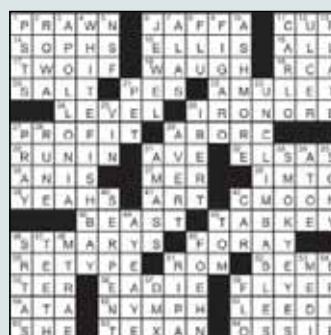
66. Like a product with a big red tag: 2 wds.
 67. 'Ear'-meaning prefix
- Down**
1. Word meanings bks.
 2. Unflappable
 3. Jargon

4. Pickles holder
5. Thomas Edison's middle name
6. Debussy's " __ de Lune"
7. Saskatchewan town southwest of Saskatoon
8. Acquiesce
9. Actress Myrna

10. Embarks on a journey, Amelia Earhart style: 2 wds.
11. "Beauty and the Beast" (1991) character
12. " __ cost you!"
14. Estelle of "The Golden Girls"
17. Music sub genre

- of Alt-Rock named for floor starters
21. Cape __ (New Brunswick community on the Northumberland Strait)
23. Going-together collection
25. Skin irritation
27. Products by Canadian baking brand Robin Hood: 2 wds.
29. U.K. mil. service
30. Tail-meaning prefix
31. Yellowknife's locale, en français: Les Territoires du __
33. Misery
35. Canadian actor Mr. Cariou
36. Belonging to Nashville's li'l state
38. Jeanne __
43. Parisian possessive
46. Type of BIC writing implement: 2 wds.
48. Garden gastropods
49. Reprimand
50. __ Sketch
52. Canadian musician, Rick __
53. Disney World attraction in Florida
54. Prefix to 'foam'
55. Movie extract
57. Cover the falcon's eyes
60. Pou __ (Vantage point)
61. All bets __ off

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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